## TOO TIRED TO COOK?

## START A SNACK PLATE DINNER HABIT



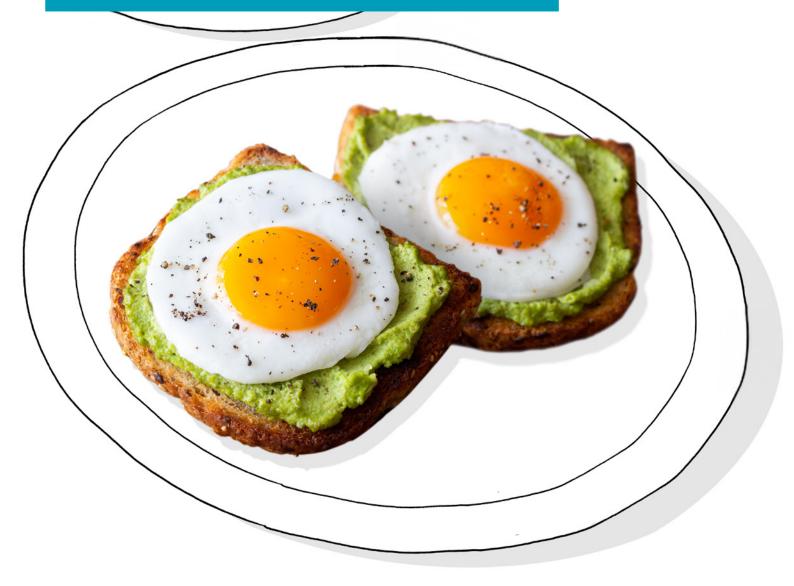






## WANT A NO-FUSS MEAL?

## START A BREAKFAST FOR DINNER HABIT



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STRETCHED FOR TIME?

START SOME

HEALTHIER

"FAST FOOD"



Get ideas at livelighter.com.au





